

26 Self Improvement Thoughts,

Volume Two

Ryan Neely

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Preface

After the success of “26 Self Improvement Thoughts,” it was only right that I bring you another installment of thoughts to better your life. On that note, may the thoughts of this book improve your life as the thoughts of the first installment have done for many.

How to Have the Midas Touch

There is a fairy tale about a king named Midas. Everything that he touched for a certain period of time turned into gold. This story is where people have coined the phrase of the "Midas touch."

Another way the Midas touch is viewed is by having the ability to make things better when touched, rather than it turning into gold. There are many people in life who seem to have a Midas touch as they make things better. When they are the new boss at work, the employees work harder and smarter. When they are the new coach of the team, the team players play more together and tougher. When they are the new cook in the kitchen, the taste of the food improves. Therefore, it is time to talk about what ability these people have to make things more advanced when they are around.

First, in order to become a person with a Midas touch, a person needs to set goals. If they want to get somewhere or be somebody, they have to have a vision for what they want to do. When a person sets a goal, they start to develop the drive needed to reach them. The inward push to do what they have imagined drives them to work harder to see their wish come to pass. The work they put in refines their skills and makes their touch more powerful.

Another thing a person can do to develop a Midas touch is to be a giver. Being a giver opens up multiple doors of opportunity for recognition. When a person gives, they show people what they have to offer. People can then promote them or critique their skill. If their skill is critiqued and found to need improvement, they must be wise to not take it as an insult. Instead, they should improve their skill and then they will be making their personal touch more enhanced.

Last but not the least, another great way to have a Midas touch is to have a role model. Learning from somebody about how to do something better is probably the fastest way to develop what people see as a Midas touch. A role model can mentor a person by providing them with stories from their experiences. Also, a role model can serve as an evaluator to the person seeking to be more developed at what they do.

May we all set goals, be givers, and find role models as we set out to develop our skill and have a Midas touch. Then, may we put to use everything we have learned so that everything we touch becomes better than it currently is!

Appreciating What You Have

It is good to live your life appreciating what you have. However, many people live their lives everyday wishing they had more or something else. They probably do so because they have never been taught the importance of appreciating what they possess. Therefore, let us take a look at why it is good to appreciate the things in our lives.

When you appreciate the things you have, you are able to see how far you have come along in your life. It is good to take a look at your high school diploma, career diploma, or college degree certificate often. This shows you some of the things you have accomplished. Even a small common thing such as your driver's license shows you that you can drive. Also, every time you look at your insurance or medical benefits card, be proud of the fact that you are being taken care of.

Appreciating what you have is good for you can then be sure of what you can do. If you have a car, you can drive to places and get to where you need or want to be. If you have a phone, you can talk to people. If you have a television, you can be entertained. If you have a job, you can work, help others, meet new people, and earn money. There are so many ways that appreciating what you own enables you to know what you can do.

What may be common in your vision may actually play a big role in your life. It may be common to you to have a refrigerator, stove, microwave, bed, and other housing accessories. However, how often have you taken the time to be thankful for them? Do you keep them clean? Do you keep them fixed and operational? Do you taken care of them by not abusing them with dents or

scratches? Appreciating the common things in your life will enable you to see just how blessed you are.

Last but not the least, one of the main things to appreciate are the people in your life. You need to appreciate your parents whether you want to or not. They are the reason you exist. Your friends are to be appreciated as they helped you to understand how special you are. Your spouse or lover, if you have one, helps you to know that somebody likes you or loves you. Also, if you have a pet, though they are not a person, they are to be appreciated as they give you company.

As you can see, we should all make it an everyday practice to appreciate what we have. May we be reminded of how far we have come along, what we can do, and appreciate the things we see as common.

Tips for Learning to Trust Your Gut

Your conscience and your heart are things you should keep clear. This is done by watching what you do, say, see, and hear. Keeping them clear plays a major role in how your life will pan out. Why, because when you keep them clear, you make it easier for you to hear from your innermost part. For the time being, we are going to call the innermost part of your being your gut.

Your gut has steered you all of your life. At times you have obeyed it and found happiness. At times you have disobeyed it and experienced guilt. Sometimes, you did not know whether to obey it or not and had to wait to see what consequence(s) you would enjoy or suffer. Therefore, it is time to talk about some tips to help you know when to trust your gut.

A good time to trust your gut is when you feel inspired. There will be times when you feel a push within you to do something good. When that push comes over you, obey it. Doing something good will always make you feel good as well. Plus, you when you do good based on your innermost part's feeling, you in turn strengthen your conscience and heart.

Another good time to trust your gut is when you feel convicted. If you have a bad feeling about something, do not try to go against the feeling. Your gut is trying to keep you safe as your conscience and heart are communicating with it. Little do you know, but the "you" inside of you is always looking out for you.

Whenever you feel overwhelmed, listen to your gut as it tells you to take a break. You taking a break from whatever you are doing or experiencing is more important. You must remember that your health comes first, and your innermost part has a lot to do with your health. If you are not able to focus, you will not be able to be the best person you can be.

In order to be able to sense when to listen to your gut, do activities that make your conscience and heart stronger. Your conscience and heart teach your gut how it is supposed to feel and when. Also, as said earlier, when your conscience and heart lead you to make a good decision with your gut, they get strengthened. Therefore, read books filled with wisdom to strengthen your conscience. Do activities that make you grow in responsibility and love to strengthen your heart.

As you build up your conscience and heart, may your trust in your innermost part be greatly magnified. May you make better decisions and be sure about things you used to be unsure about. May you live from the inside out and roll with the flow as you trust your gut.

Recognizing Blessings

I used to wonder where my happiness went. There were times in my life where it seemed I was happier and then my motivation seemed to suddenly disappear. I thought maybe it was because of a change in seasons or times in my life. However, I came to learn that my happiness was based on more than my circumstances. It was based on how I reacted to what was happening in my life.

I was so focused on creating the life I wanted that when something I did not plan to happen took place, I became discouraged. I believed that I was supposed to be in control of my life. If there was something I wanted, I was supposed to find a way to have it. If there was somebody I liked, I was supposed to find a way to date them. If there was a place I was trying to go, I was supposed to find a way to get there.

I finally came to a point in my life where I began to accept things as they were. As soon as I reached that point, things began to clear up. I began to see the positives rather than what I thought were negatives.

If a job decided to not hire me, I knew there was a better one waiting for me, and I was right. If a woman decided not to like me, I knew she was not the one and I was correct. If I did not have enough money to purchase an item, I knew it was not the item I needed or simply not the time to buy it. In other words, what I could have seen as shortcomings, I decided to see as blessings.

Today, I try to find a blessing in everything I do and everywhere I go. I expect something good to happen for me every day. Not only that, I try to do multiple good things on my own to make

the day better for others. I am a much happier person and have realized that I could have been just as happy in the past.

When something does not go our way, we need to know that the change is going to work out better in our favor. If it is raining outside and we cannot play outside, it is an opportunity to read a book or watch a good movie or television show. If we have to work an extra hour at work, it is an opportunity to make more money. If we are out of a certain food in the cabinet, it is an opportunity to eat something different.

Recognizing blessings will bring us into the happiness we have been looking for. We must understand that we were put here on earth to serve a purpose and that purpose was not to be miserable. Therefore, recognize the blessings in your life, and believe that everything is working out for your good.

How to Develop Personal Magnetism

So, you want to know how to draw a person toward you right? Well, first I would like to tell you that it is very possible. Also, I want to show that the ways to do so are the same ways that have been used on you on multiple occasions. Therefore, it is time to discuss some ways to develop personal magnetism.

The starting point to developing personal magnetism is to talk to somebody. Whether it is on the sports field, in the workplace, or in a relationship, communication is very important. Talking to a person not only allows you to get to know them, it allows you to build a relationship with them. As a relationship is formed, if you talk to them and say the right things, the relationship can get deeper.

As you talk to the person, the next way to develop personal magnetism is to show interest in them. People feel good when they see that you want to get to know them. They feel special and feel as if they have somebody that they can express themselves to. Therefore, they feel naturally drawn to you because of the curiosity that you showed for them.

While showing interest in a person, the next step in developing personal magnetism is to encourage them. You can encourage them to go for their dreams or to overcome challenges they may be facing. You can speak words of motivation in their life and give them a breath of fresh inspiration that they have been looking for. As you encourage them, they will be feeling the sincerity and support they receive from you.

Last, but not the least, after encouraging them, find a way to build a personal relationship with them. Building a personal relationship with a person helps to seal the bond the personal

magnetism has created. Building a relationship with somebody can be done in many ways. Finding a similar interest and talking about it, hanging out, or sharing things with them are all good ways to build a relationship.

As you seek to develop personal magnetism, be willing to talk to people. As you talk to them, show interest in who they are and what they are about. While do so, encourage them to reach for the stars. Finally, find a way to build a personal relationship with them. In the end, you will have many friends and people that want to support you in what you do as well. Altogether, you will be a magnet that draws people in and they themselves will cling to you as well.

What to Do If You Lack Ambition

Are you looking for a nudge or push to get your day started? Are you looking for some fuel to ignite your engine? Do you wish you had a better drive to get out of bed? If so, you have come to the right place for some advice!

All of us every day wake up and hope to have a greater day than our previous day. We want something new to happen to us or for us. We want to inspire somebody, share a laugh with somebody, or meet somebody new. However, the question is how many of us really expect those things to happen?

It is OK to want good things to take place in our lives. But, it is way better to expect special things to occur in our daily walk. People who experience spectacular things on a daily basis believe they are supposed to live a blessed life. On the other hand, people who do not have the same experiences of continual prosperity are not doomed. Instead, there is hope for them too. The key is for them to imitate the habits of the people who are always getting what they want. Therefore, let us talk about what to do if you lack ambition.

People who are always happy and inspired, are motivated by something. They do not just wake up and say to themselves, "Well, let's see what happens today." Instead, they wake up looking forward to a great day. Not only do they wake up looking forward to a great day, they make ways for their day to be significant.

Happy people do happy activities to start their day. Whether it is writing in their journal about goals they want to accomplish, exercising, praying, or breakfast, they start their day off right.

With that, the first tip in improving your ambition drive is to have something to look forward to when you wake up.

Next, lively people do things to keep themselves consistent with being cheerful and in a place where they can be blessed. They do this by setting long term goals that keep them active and focus. On that note, the second tip to help you increase your motivation is to set long term goals. When you set long term goals, you have things to look forward to way down the road. In turn, you will find a greater length of happiness as goals keep us focused and driven to work and prosper.

Last, but not the least, excited people surround themselves with other excited people. They want to be around people who are like them in order to be accountable to someone who will keep them enthused. Therefore, the third tip in looking to boost your drive is to surround yourself with other motivated people. Be around people who are going somewhere in life. Be around people with a winning attitude as much as possible.

As you can see, your ambition is driven by your goals. Therefore, stay goal minded, make them long term, and surround yourself with other ambitious people. May today be the day that you find the daily inspiration you have been looking for.

Easiest Way to Gain Confidence

Have you been looking for an instant boost of confidence? Are you ready to be motivated to do something you have wanted to do for a long time? Are you wondering where you can get the push you need to proceed with your dream? If so, here is a good answer to your question.

The easiest way to gain confidence is to hear something good. Yes, and believe it or not, you already know this.

Do you remember when you heard a real good song that gave you the confidence to become a singer or musician? Do you remember when you heard a good speech that motivated you to go for a goal that you had never tried to pursue? Do you remember hearing or reading a motivational quote that changed your mind and inspired you to be different but greater? All of these are examples of how when you heard something good, you received an immediate boost of energy.

When you heard that special song or songs, you thought about things in many different perspectives. There was a sweet song that inspired you to love more. There was an inspirational song that inspired you to try something new. That was a strengthening song that inspired you to leave something alone. Altogether, those songs gave you the confidence you needed to be a better person.

While listening to that motivational speech, you saw yourself getting promoted. You saw yourself doing something bigger than then you currently were doing. You even began to think of how you were going to accomplish the acts going through your mind at the time. In summary,

the motivational speech you heard changed your mind and gave the you wisdom and knowledge to lead you to change your life.

When that motivational quote crossed your mind, you began to believe in yourself like never before. What had not came to mind all of a sudden came to mind. What you thought was a possibility now became a reality. Your dream became your world. You found the confidence you needed from the motivational quote all because you heard something good.

Good words, music, and phrases inspire and encourage people every day. If you are looking for a quick way to gain some confidence, keep enthusiastic words, music, and speeches in your life at all times. Then you will always have the drive to do the things you want and need to do!

Accepting Yourself - Finding Beauty in the Imperfections

One of the best things a person can do is accept themselves for who they are. Whether they do or do not like their life, in order for them to be happy, they must accept their current situation. They must accept that their life is not perfect.

Accepting their situation should not involve them saying, "Well, this is the way my life is and I just have to deal with it." Instead, they should say, "This is my life, and as I have the opportunity to improve it, this is where I can start from. Today is the day that I decide to discover beauty through my imperfections."

Being imperfect is what makes life interesting for a person. Instead of already having everything they want, they can now dream about what they want. They can now work for what they would like to have. They can set goals they hope to one day achieve. The things they once dreamed about, they can hope to one day see those things come to pass.

Being imperfect enables a person to be able to love people. When a person knows that they are not perfect, they will be able to relate to others. They will be able to help other people avoid troublesome experiences they experienced. They will be able to assist people through tough times they once went through. They will have patience when it comes to others making mistakes and be willing to teach people how to do things better.

When a person knows they are not all sufficient, it will enable them to depend on others. They will be open to be taught by somebody. They will listen when someone is trying to give them advice. They will respect the importance of having an education. They will get excited when opportunities show up to learn more.

Altogether, as a person knows they are not perfect, they will understand that they cannot live their life alone. They will need people to help them reach their goals. They will want to love somebody and be loved back as well. They will share the knowledge they withhold and look forward to knowledge being shared with them. All of these things involving other people will be needed as they are not perfect, but strive for perfection.

Beauty is found in imperfections as it helps people to know that they need each other. Therefore, may we all depend on each other as we seek to turn imperfection into perfection, better known as love!

How to Gain Respect for Yourself After Making Poor Decisions

As we are not perfect individuals and make mistakes, we need to be sure to recover from the mistakes we make. We should not let mistakes bring us down and keep us down as we still have a purpose to serve in life. Therefore, it is time to talk about how to gain respect for ourselves after making poor decisions.

One of the most important things to do after making a bad decision is to remain humble. After we have done something we should not have done, we should not try to justify what we did. Instead, we need to accept that what we did was not right, understand the consequences, and move on. Trying to justify why we did what we did may make us vulnerable to repeat the mishap.

If somebody asks us what happened, we should be quick to admit where we were wrong. This shows them that we are ready to grow again. This also stops them from being able to speak poorly of us. When they see our honesty, they will appreciate it and in turn show us respect. Also, while showing us respect, they will do whatever it takes to try to build us back up.

As we recover from making a poor decision, we need to forgive ourselves. Putting ourselves down is not smart. It will not make us better people. It will not keep us from repeating the mistake. Instead, if we put ourselves down, we will think poorly of ourselves. We will treat others poorly as well and make it hard for us to regain respect. Therefore, we need to rebuild and encourage ourselves to know that we still are somebody. We still have a future, a purpose, and a chance to be a blessing to ourselves and others.

Last, but not the least, we need to spend time with people that will counsel and lift us up after making a mistake. These people will show us what it is like to be respected. They will let us know that we are still special. They will help us to keep moving forward and do good as they motivate us to forget about the bad decision that was made.

As we apply the acts spoke of in this article, we will not have to wonder what the future will be like. Instead, we can expect a bright future and regain the respect we had while continuing to increase the amount of respect given to us.

How to Improve Your Personality, Making Yourself More Likable

Are you looking to be more likable? Are you ready to increase your number of friends? Are you hoping to increase your career opportunities by meeting new people and networking? If so, it is time to discuss some different ways to improve your personality.

A great way to improve your personality is by increasing your confidence. When people see that you believe in yourself, they will be naturally attracted to you. Everybody likes a person who believes they can do the things they set their mind to. Everybody wants to know somebody who has the drive to be authentic and productive; especially employers. Therefore, do things to increase your confidence and you will in turn be increasing your likability.

Another excellent way to improve your personality is to speak positively. Speaking positively will not only keep you thinking positively, but also say a lot about your character. People like knowing people who can control their words. Also, people like to be associated with people who are optimistic. Speaking positively will draw good attention toward you and keep bad company away from you. As you speak positively, you will build an excellent reputation and make a great name for yourself among others.

Another awesome way to make yourself more likable is to be open and approachable. Do not be a person that others are afraid to speak to. Be the person that people look forward to talking to everyday. Do not live life with a bad attitude or let anger persist in your life. Do not lie about how you feel about certain things and do not hide from your mistakes. However, be honest about what bothers you and rejoice when you are happy. This way, you can remain open, approachable, and down to earth so other people can relate to you.

Last but not the least, one of the best ways to improve your personality is by encouraging others. Find ways to inspire people every day. When you see somebody in pursuit of a goal or dream, let them know that they can do it. When you see somebody feeling down, give them some comforting words that will lift them up. When you see someone having trouble trying to figure something out, let them know that they will get the answer(s) they need.

I hope these tips are a blessing to you and that you become more likable as you apply them in your life. In closing, may you increase your confidence, speak positively, be open and approachable, and encourage others as you improve your personality.

How to Keep a Smile on Your Face - 10 Tips

These 10 tips that I am about to share with you are not just 10 quick tips. Instead these are tips that you can use for your entire life to keep a smile on your face. Therefore, let's talk about some things you can do to keep yourself happy and cheerful.

1. Exercise

Exercising has many positive effects on a person. Not just on the outside of the body, but also on the inside of the body. When a person exercises, while having the potential to have a nicely shaped figure, they also give themselves the chance to live longer. One of the best things that exercising can do for a person is move them to release endorphins. This is known as the body's happy drug, and will naturally cause a person to be motivated and in turn, smile.

2. Hang Out Cool With Friends

Hanging out with cool friends allows people to build their social skills as they have fun and meet other cool people. They can play games or do other hobbies together. They can discuss issues and find advice on how to solve their problems. They can network for better careers. They can even learn things they did not know through good conversations.

3. Listen to Good Music

Listening to good music will keep a person inspired and motivated. A good song can lift a person's spirit and help them to remember special events in life. A good song can also be like medicine as it can help a person to relieve stress as they think about the good song they are hearing.

4. Watch a Good Television Show

A good television show can help a person start their day off or end it nicely. A good television show can help a person to laugh which in turn will boost their immune system. Also, a good television show can teach a person a valuable lesson.

5. Speak to Bystanders or People Walking By

Speaking to bystanders or people walking by can really increase a person's likableness. It will open up doors for them to meet new people. Also, it will make other people want to smile when they are seen.

6. Be a Giver

Being a giver is a great way to be happy. Not only are givers happy because they give, they are happy because of the things they receive for giving.

7. Celebrate Special Occasions

Celebrating special occasions enables a person to remember how blessed they are and how special life is. Also, they can celebrate special occasions for others and help their days become brighter as well.

8. Get Enough Rest

Getting enough rest is very important for people of all ages. When a person does not get enough rest, it is easy for them to be aggravated by small things. When a person does get enough rest, their day seems longer and they can be more productive.

9. Finish Tasks on Time

Finishing tasks on time keeps people from stressing out. They can move on to other tasks as well while enjoying the feeling that comes from accomplishing the previous task.

10. Have Personal Time

Having personal time is extremely important in all situations. A person needs to be able to read their favorite book, do devotional activities, or many of the activities mentioned. Therefore, it is important for them to pick times during the day when they can have some time for their own constructive activities.

I hope these tips are a blessing to you and that as you apply them, you keep a smile on your face. May a smile not only be on your face, but on the faces of the people you know as well because of the things you do.

No One Can Tell You That You Are Worthless

Hello there special person. Yes, I would like to start off by letting you know that you are special to me the rest of society. You are very unique, different in a good way, and are a necessity in today's world. On that note, here are a couple of reasons why nobody can tell you that you are worthless.

First of all, there is nobody on earth like you. Your finger prints do not match anybody else's finger prints on the planet. If you have a social security number, it only belongs to you and cannot be used by somebody else. There are things that you have experienced that others will not get to experience. There are places that you have gone that others will not get to visit. There are things that you know that other people will never find out.

Next, it is important for you to know that your life is priceless. Though I hope you live forever, if you were to pass away, you could not be replaced by someone else. There is a company that needs you as an employee. There is a business that is glad to have you as a customer.

On a larger note, you are important to the people in your life. There is somebody who is holding on to the love you give them. There is a friend who looks forward to your fellowship. There is somebody who likes how you are able to make them smile. There may even be a pet that looks forward to the care you provide for them.

You are very authentic. There are certain clothing outfits that look better on you than they do others. There are physical attributes and skills that you possess that give you an advantage over other people when it comes to doing things. There are situations that you can prosper in that

others cannot, and for that reason, you are significant to certain circumstances. There are things that you want to do that others do not, making you that much more important and needed.

As you can see, you are an invaluable asset to our world. People are depending on you in various ways and are glad to have you around. Live your life to the fullest and do what you were put on Earth to do. And finally, do not let anybody tell you that you are worthless.

How to Be Emotionally Strong

Are you looking to better control your emotions? Are you in search of a way to better cope with the situations you find yourself in? Are you ready to have a mind that stands strong and stays focused if you were to face adversity? If so, I have some tips for you to help you develop some mental toughness and be stronger emotionally.

One way to become stronger emotionally is to conquer your fears. If there is something that you are afraid of, find a way to not be afraid of it anymore. Though being afraid is being honest with yourself about something you do not like, find out why you do not like it. Understanding why you are bothered when it comes to certain things will help you know what fears you look forward to conquering.

Another way to become emotionally stronger is to engage in a hobby. When you are taking part in one of your hobbies, you are doing something that you like which in turn makes you happy. When you are happy, you are having fun, relieving stress, and forgetting about the cares of life. At that time, you are strengthening your mind as you dwell in peace. Altogether, participating in a hobby allows you to better cope with life and produce positive feelings for stronger emotional control.

A psychological way to become emotionally tough is to let go of the past. The past is the past for a reason. Yes, though you can learn from it, you do not have to live in it. Instead, you need to look forward to the future while enjoying the present. You need to be excited about the person you can become versus the person you used to be.

Last but not the least, a great way to be mentally stronger is to set big goals. Setting big goals gives you things to look forward to. It gives you new directions in life as it provides a positive direction for your emotions. Also, when you accomplish those big goals you have set, you feel good about yourself and began to think in bigger ways. In turn, the greater thought process helps you to become emotionally sharper.

As you can see, the best way to become emotionally stronger is to look ahead. Overcome your fears, engage in a hobby, let go of the past, and set goals as you look forward to a happier life.

Life Is Not About Finding Yourself - It Is About Creating Yourself

For a long time, I believed that life was about finding myself. I thought that there was a purpose I had to fulfill, and I had to search the world to find out what that purpose was. After a long time of searching, and feeling lost, I one day decided to give up. Believe it or not, giving up on finding myself was the best thing I did for myself at the time. Why, because when I stopped looking for myself, I actually found myself.

So many of us have been told to discover our destiny or find our purpose. However, how much better would life be if people told us to focus on being ourselves? What if somebody told us to go for the things that we like and want? What if somebody told us to be the person we want to be?

Well, I am here to tell you that life is not about finding yourself; rather it is about creating yourself. It is not about trying to figure out what you want to do; it is about being glad about what you like to do. It is about going for what will make you happy when you achieve or have it. On that note, here are some thoughts to help you understand how and why life is about creating yourself.

First of all, we did not start our lives off in a lost state of mind. When we were children, we all had dreams and goals. We all wanted to grow up and be somebody special. As we got older, some of those dreams seemed to fade away as we faced challenges. Some of us fell in love with new things as we met new people and experienced new atmospheres. Some of us even stopped dreaming altogether and allowed the circumstances of life to dictate our future. However, for

those of us that kept dreaming, we maintained our creativity. With that, we were still able to be true to ourselves.

Next, when we were young, we were told that it is important to be educated. We were made to go to school to learn how to read, write, and do math. We did this because our parents and teachers told us we would need these skills for life. They knew that one day, if we possessed these skills, and continually fine tuned them, we could create an awesome life for ourselves.

Last, but not the least, as a child, people would ask us what we wanted to be when we grew up. They did this to encourage us to think about our future. They did this because they knew that it was within us to decide the outcome of our dreams. They knew it was up to us to choose a road to success. Thankfully, they did not ask us questions like, "Have you found yourself?" or, "Have you been looking for yourself?"

As you can see, it is up to you to build the life you desire to live. Therefore, go for the things you want in life and be happy while doing so.

The Only Real Competition Is Against Yourself

In life, we should be our main competitors. We should be contesting ourselves everyday to face the challenges in our lives to conquer them and be victorious. Trying to compete against others will never be more important than defeating or winning a competition against ourselves. On that note, let us take a look at how we can compete against ourselves and be more victorious than if we compete against the world.

The first thing we should do as we look to win against ourselves is think about the goals we have yet to accomplish? What are the things that we have been dreaming about doing since we were a child? What have we been working toward on a daily basis but have yet to achieve? Where have we been trying to go but have not gone? What has been calling us but we have not answered?

Next, we should brainstorm on to a sheet of paper about why we want to reach those goals?

What lies in store for us when we see our dreams come true? How much will our lives change? How will people see us? What things will we be able to do that we currently cannot do? What will we have that will make life better for us?

After reflecting on what we need to reach the goals we are after, we should think about how we can reach them. What can we do to get to our desired destination? Is there something we need to give up? Is there something we need to study? Is it somebody in our life that we need to learn to love or forgive? Is it somebody in our life that we need to let go of? What is holding us back from living in our fantasy?

Finally, if we ever feel discouraged when competing against ourselves to be victorious, there are many things we can do to stay focused. We can surround ourselves with people who will help us

think in uplifting ways. We can listen to positive music, read inspirational books, or watch motivational television shows. We can also do devotional things such as prayer, meditation, and fasting to keep our minds clear.

Altogether, we are the only people that can hold us back from having what we want. Therefore, let us learn how to win against ourselves in order to be winners in life. Then, we will not only be victorious in our own eyes, but in the eyes of the people who may be competing against us.

What Makes People Attractive

We all want to be attractive. We all want to be looked at, thought of, and wanted by somebody at all times. Therefore, it is time to talk about four main things that draw attention toward us.

The first thing that draws attention to ourselves from others is our outward appearance or the way we look. When people first look at us, they do make a quick judgment. It is a good thing that we are not books because we do get judged by our "cover." People look at what we are wearing, how we wear it, and our hair fixture to get an inward clue about our personality.

The next thing that can attract people toward us is our body language. Next to how we look, the way we carry ourselves is very important. Others look at us to see if we walk holding our heads up with confidence, make eye contact, and smile at people. They want to know if we make ourselves approachable, open for conversation, and are good listeners. Also, they want to know if we are interested in them by the non-verbal signals we send back their way.

Our speech or the things we say when we talk can really make us attractive. If we speak in an educated manner, or use good grammar, others may see us as having good self-control. If we smile when we talk and speak up when being spoken to, people may see us as having a lot of self-confidence. If we know how to say the right things at the right times, we may be looked at as being very inspirational and encouraging.

Last, but not the least, what we do for a living or as an extracurricular activity can bring extra attention to us too. If we are the boss of a company or own a business, people may find us very unique. If we are on a high school or college sports team, people may find us significantly

authentic. Or, if we volunteer for a community service organization on a regular basis, people may see us as having a caring heart.

As you can see, much of what we do plays a role in the level of attraction we create. Therefore, dress nice, display confident body language, speak well, and be known for what you are good at on a larger scale. As you implement these tips in your life, may you draw more attention continually and increasingly.

Simple Encouragement - How Positive Motivation Can Make a Huge Difference

Positive motivation through simple encouragement to us is like a medicine. It can push us like an energy pill or relieve stress like a pain relief pill. It is something we need in our lives on a daily basis, and will not suffer from having too much of it. Therefore, it is time to look at different forms of encouragement and what it does for us.

When somebody tells us that we can do something, their encouraging words give us strength. We no longer began to doubt whether we should try to do what we were contemplating doing. We began to think in a proactive way about how we can bring to pass what once seemed distance from us. Reaching our goals become more of a reality as their words help to motivate us to proceed toward them.

When somebody restores us with their words of encouragement, while we are feeling down, we feel brand new again. We feel like we can start over or pick up where we left off on our mission. Their words of advice give us the boost of motivation we need to recommit to life and the dreams we have for ourselves.

Whenever we hear a motivational song, we feel as if we are on top of the world. We have the urge to dance in our room, car, or where ever we are as the song uplifts our spirit. The words from the song cause us to think of things we had not thought of. We see ourselves doing greater things and maybe even began to compose a new song in our own head. The motivational song gives us the encouragement and will to be greater than we current are.

A good television show can give us the encouragement we need to be motivated to live better as well. A good television show can help us to appreciate our family, job, and possessions much more. It can also encourage us to think of what we can do to improve our lives as we are inspired by the program's theme.

As you can see, simple encouragement can come in various forms. No matter what form it comes in, we need it in order to live a better life every day. Therefore, mingle with encouraging people, listen to inspirational music, and watch uplifting television programs to stay motivated. In turn, the motivation within you will lead to a huge difference in your life.

Finding Help When You Realize You Have a Problem

When you realize that you have a problem, it is important to get help. It is important for you to get back to normal to continue on with your mission, task, and overall life. Therefore, here are some tips on what to do when you realize you have a problem.

The first thing to do is to admit that you have a problem. Once you realize that what you are experiencing or suffering from is a problem, it will be easier for you to get some help.

Before you get some help, try to think about how you came into the problem you have. Is it something that just occurred recently? Has it been a problem for a while? Understanding the starting point for your problem will help you to better eliminate its root or possible re-occurrence.

One great way to get help when you realize you have a problem is to tell somebody in your family. Telling somebody in your family may be the fastest and cheapest way to get some help. The problem that you are experiencing may be something that has existed in your family for a long time. Or, somebody in your family may be willing to take the extra time to listen to you and encourage you.

Another excellent way to receive help when you have a problem is to speak to a professional. There are many different professional services that you can seek aid from to help you spring out of your situation. A psychologist would be good if your problem has something to do with how you think. A doctor would be good if your problem has something to do with your health internally. Or, if you are trying to lose weight, a personal trainer or dietician would be good to touch base with for advice.

A much cheaper way outside of professional help for your problem would be finding an accountability group. Accountability groups are good for people who are trying to recover from tough situations or addictions. These people should be able to relate to you and encourage you to help others who may be struggling with a similar problem.

Once you receive help for your problem, make sure that you have also received advice on what to do to avoid the problem reoccurring. If it is a mental problem, have a list of mind strengthening activities that you can conduct to keep yourself sane. If it is an addiction, have some alternatives, a new hobby, or an accountability group to keep yourself busy and focused. If it is a weight loss or dieting problem, have a new training program or meal plan to keep you in shape.

No matter what your problem is, acknowledge it and do so immediately. Find the help you need so that your life can better proceed.

Attracting Others - How to Redefine Yourself

Are you wondering what you can do personally to change yourself and become more attractive?

If so, I have some tips to help you attract others by redefining yourself.

The first tip I will give you in redefining yourself is to increase your education. If you want to redefine who you are, you first need to start with what you know. What you know determines what you do. What you do determines how you live your life. Therefore, if you are looking to change who you are for the better, increase your knowledge.

After increasing your knowledge, the next step in revamping yourself will be to change your career. Now, I am not necessarily saying to go and get a new job. However, I am saying that you should do something more than you are already doing. Your knowledge should set you up for a promotion or a better position with another company. Also, with your promotion or new position, you should be looking for an increase in pay as you increase your responsibility.

Once you boost your career and income, you should look to better the way you live. With your new income, if you can afford to, purchase a new car or maybe even a new place to live. I am not saying to spend money just because you have more. However, I am telling you to enjoy the fruits of your labor and diligence. When you buy your new car or home, let it or them be a symbol of how your life has improved.

Last but not the least, with your promotion in job stature and income, change your appearance. If you are overweight, think about purchasing a gym membership and eat healthier. Purchase yourself a new wardrobe to go along with your new job. Keep your hair done on a more consistent basis, and if you are a lady, your finger and toe nails done as well.

As you increase your knowledge and in turn your life, the way you appear to others will be different and better. They will see just how much your life has upgraded and pay you much more attention. They will compliment you more, be more interested in your well being, and want to spend more time with you. Altogether, their actions toward you will show you just how much more attractive you have become.

Increase what you know, do, and improve the way you look as you do so. Become the new person you seek to be as you draw attention from people that you have never drawn attention from before.

How to Live the Life You Desire Most

There is a life that you desire to live that is not out of your reach. There is a place that you can be where things go your way. A residence exists that withholds all of the things you want. On that note, it is time to talk about how to find the place of your dreams where life only gets better.

The first step in setting yourself up to live the life you want to live is to know what you want. It is important to know where you want to live, where you want to work, and you want to spend your life with. Therefore, pull out a sheet of paper and brainstorm about your desires. Write down what you want and why. This way, you will have a clue about where you are heading or at least trying to get to.

The next step in setting yourself up to live the life of your dreams is to find some role models. Think about a couple of people who are living the life they have always wanted. Then, do some research on how they got there.

If possible, try to set up an interview with somebody successful who you would not mind learning from. Ask them for wisdom keys like what would they do better or differently in life? Ask them if there is anything that you can do today to speed up your journey to the life you want to live. Ask them if you can spend a day with them at their job to see how they work. Maybe even try meeting some of their family and friends to see their lifestyle away from work.

When you learn about how they got there, you can then have a better understanding of what you can do as well. If they studied something, what do you need to study? If they began working for a certain company to develop skills, where can you begin working? If they had to give some things up in their life, what can you give up?

As you began to implement the things you learned from the people you researched, you should see some immediate changes. Not only should you see changes, you should begin to share some of the successful experiences they experienced. Eventually, you will begin to live the life you have wanted to live because of what you learned and imputed.

As you can see, living the life you want to live first starts by knowing what you want. Once you know what you want, you can then find the help you need to reach your destination. Therefore, know what you want, get some assistance, and be on your way to living the life you desire most.

By Giving You Will Receive

I am sure that you have heard that if you give, you shall receive. However, have you ever thought about just how true and simple the principle is? On that note, here are some examples of how when you give, you will receive.

When you go to a store to purchase something, it is important to have something to make the purchase with. Therefore, usually you need to have money, a check, or a credit or debit card with you to make a purchase. When you give the cashier or swipe the machine with your card, you pay for the item(s) you are buying. After the items are paid for, you own them. Therefore, by giving away your money, you receive an item.

If you are a leader, you have a very important role to play. As a leader you will be held accountable for the acts of the people you lead. Therefore, you must be sure to give good instructions on what to do and sometimes how to do things if people report directly to you. Your good instructions will lead your subjects to success and progression. In turn, the good instructions that you gave will come back to you in the form of recognition and eventually a promotion.

If you are in a relationship, whether you believe it or not, the love you give will come back to you. You may be in a relationship where you feel like you are giving more than you are receiving. However, the love that you are giving will eventually come back to you.

I can remember being in different relationships where the lady did not really pay me as much attention as I paid her. Eventually, I brought my thoughts toward her to recognition and told her that we should not date anymore. For a period of time after we broke up, the ladies would

continually try to find ways to get back to me. Why, because they remembered how well I treated them. Altogether, the love I had given them was trying to find a way to come back to me.

Lastly, even your volunteer service to organizations is a seed that will grow to be fruitful for you. When I was in college, I volunteered for various organizations. Eventually, I ended up in leadership positions in those organizations. Later on in life, all of the volunteer positions that I held served me well for leadership experience. With that, I ended up getting two jobs with major leadership roles at the end of my college days. Therefore, the service I sowed as a volunteer leader came back to me as a paid leader.

As you can see, there are various ways that we can receive from what we have given. Therefore, be a giver at all times and you will never have a need because of what you will receive.

How to Get Rich - Common Methods of Self-Sabotage That Keep You Poor

It is very important for us to understand what can keep us from being rich. Though being rich should not be one of our goals, it is still important to know what habits can keep us from prospering. Therefore, here are four methods of self-sabotage that keep us poor.

1. Living off of credit.

The first thing that we as people can do that will keep us poor is trying to live off credit. I understand that people find it important to have a good credit score. However, if a person has enough money to buy what they want, their credit score will not matter.

2. Spending money in order to be happy.

Another act that can break a person financially is when they spend money in order to be happy. An example of spending money in order to be happy would be like going shopping because we are bored. We would end up buying things thinking, "If I have this particular item, life will be better." In turn, we may end up feeling worse than before we went shopping. We may feel like we wasted our money as we realize that we are still just as sad as before we went shopping. On that note, we need to spend money only to take care of our business and help people. Our happiness should be determined internally because money cannot buy happiness as being happy is priceless in value.

3. Spending all of the money we have before our next payday.

A common way we can keep ourselves in need is by spending all of the money we have before our next payday. I can remember looking into my account to see how much money I had. I did

not do this to see how well I was saving. Instead, I did it to see how much I could spend. Later on, when my check would come, I always had to start over with my budget. This happened because I did not have any money rolling over from my last pay period. Eventually, my spending habits hurt me and I felt the need for more money because I did not respect the money I had. Therefore, I opened a couple of credit cards and ended up in debt. In turn, now even the money I made each pay period was not enough to cover my bills.

4. Not wanting to work.

One of the most common ways to be poor is to not want to work. I have seen many people suffer in life because of their own laziness or lack of having a drive. They wanted things but could not have them. They wanted to do things but could not do them. They wanted to be somebody new but could not be that person. All of the things they could not do were a result of them not wanting to work to have what they wanted. Their unwillingness to work left them with an empty resume, no money, and no experience when it came to be chosen for something special.

As you can see, these four methods of self-sabotage are easy to fall into. However, just as they are easy to fall into, they are easy to avoid. Therefore, be wise about what you do with your money and time. Avoid credit at all costs, be happy internally, do not live from check to check, and always be will to work. Eventually, your wise moves will lead you into riches that will not perish from you.

Life Is Like Music - You Can Play What Tune You Like

The life that you live on earth will be based on the things you choose to do. Yes, your destiny, purpose, and ultimate assignment are totally up to you to decide. With that, let us take a look at how you determine the tune or beat of your life.

One of the first steps in determining the overall tune of your life is to decide what you will study. In order to do things, you will need to know how to do them. Your hope alone will not carry you to the place you desire to be. Instead, you must know what actions to take after having the hope to make it somewhere. Therefore, you need to be educated in order to be aware of what to do when it is time to make a move for yourself.

Next, after you are educated, you will need to choose a career. Whether you believe it or not, you are going to have to serve somebody else before people can start serving you. The career you choose will obviously determine the amount of income you bring in.

Once you start bringing in some continuous income, you can then decide where you want to live. You can decide whether you want to stay at home with your parents or move out to live with a friend. You can decide to get your own apartment or own a house. You can also choose which area of town you choose to live in.

At an early stage in your life, you can choose your friends. These people will help dictate a lot of the things you know and like. They will also help determine a lot of the people you meet. Have fun, but be cautious about the friends you choose as they will play a major role in where you go in life.

There will also come a time in your life when you decide on who to spend your life with. In this case, I mean your lover or significant other. Make sure you choose somebody that you get along with and can see yourself spending the rest of your life with.

Last but not the least; you get to pick your hobbies. You have the option to decide what you like to do for fun. These are the things you will cherish as they help you to relieve stress, enjoy yourself, and forget about the cares of life.

As you can see, your life is determined by what lies within you. Therefore, do not wonder if you have an assignment. Instead, go for what you want and let your life's song be a tune that you like and others will like what they see and hear from it.

How Priorities Keep You on Schedule

How many of us want live a life where we do not have any priorities? How many of us wish that we could simply wake up and just do whatever we chose for the day? I am sure there are many of us who think in this manner. However, thinking in this manner is very dangerous. Therefore, it is time to discuss the importance of priorities and how they keep us on schedule.

One of the most common things about having priorities in our lives is that they give us something to do. They give us a reason to wake up in the morning. They give us something to look forward to accomplishing. They give us something that we can complete and be rewarded for. They give us a purpose for living.

Priorities help us to live on a schedule as they make us weigh them out. By weighing them out, we decide which priority is more important. After deciding which priorities take the most precedence in our lives, we then decide on a way and order to complete them. With this, we now have to compose a schedule which brings a form of structure into our lives.

On that note, priorities also help us to understand the importance of knowing how to balance life. We cannot put certain things before others or our lives will sink. Such as, our families' priorities must always come first before other priorities. We cannot get so tied up in other priorities that we begin to put our families' priorities second. If a family situation occurs, we may be required to alter our schedule.

Priorities not only show us how important we are to the world, but how important completing our assignments are to us. When we put our priorities to the side, they come back to trouble us in various ways. We may end up having extra homework because of the homework we decided not

to do in order to do something else. Our living area may be harder to clean than normal because of the day we decided to skip our daily house maintenance. Our tasks at work may fall behind because of our lack of focus and we find ourselves reprimanded.

Having priorities in our life help us to see how important it is to have a schedule in our lives. Not only do they give us something to do, they give our lives a pattern and a vision for our daily mission. Therefore, may we all continually put first things first to stay out of trouble, and enjoy life as we follow our schedule of priorities.

Skeletons in the Closet Cannot Hold Us Back

All of us may have skeletons in our closet. However, the skeletons that we may have in our closet have no power over our destiny. Our destiny is not based on our past but on our vision for the future. With that, it is time to discuss how skeletons in our closet cannot hold us back.

First, it is important for us to know that nobody in the world is perfect. Nobody on earth has done everything right. Also, if there was somebody on earth who had done everything right, you would not have to feel bad about yourself. Why, because if there was a person who was doing everything right, they would be there to encourage you.

As nobody in the world is perfect, we all have some things in our lives we wish never occurred. We all have some things in our life we wish we could change. We all have some things in our lives we wish nobody ever knew about. On that note, we all have skeletons in our closet.

The skeletons in our closet are not there to bring us down. However, we can look at them to recognize the places we have grown from or are looking to overcome. When we do this, we will begin to live skeleton proof and be less likely to ever allow another skeleton to inhabit our closet.

The only thing or person that can hold us back in our lives is us. No person or skeleton can hold us back from a greater life or success. Therefore, because our skeletons are in our past, we must focus on our future. There are no skeletons in our future as our future has not yet been created.

Also, in reference to skeletons, they have no life. They only come to life when we give thought to them to let them haunt us. Once again, this is why we need to concentrate only on our future.

Our future is filled with only what we plan for it, and rather than dead skeletons, we can have dreams that come to life.

Success is based on our vision for the future, not our past occurrences. Successful people live in the future because they stay ahead of people psychologically. They look forward to great things and in turn do great things. Eventually, their past becomes filled with good things and their skeletons have no power.

In conclusion, you have the power to be powerful. You possess the ability to be successful.

Therefore, live for the future and pay your skeletons no mind as you reach for the stars.

How to Keep Your Concentration - 5 Techniques

So, maybe you have been having a hard time getting your work done. If so, you have come to the right place to get some advice. On that note, here are 5 techniques to help you concentrate.

1. Keep your area quiet.

If you are at work and trying to finish an assignment, try your best to work in a quiet area. You need to be able to hear yourself think, rather than other people's conversation. Also, you need to be able to focus on what you are doing rather than continually being distracted by your coworker's music.

2. Start your work early.

Starting on your work early is the best way to get your focus and concentration streaming. When you start early, whatever you start on has most of your attention because you put it first. In this case, you are more likely to have multiple ideas and a better drive to finish whatever you started because you will feel ahead of your own schedule.

3. Set and obey break times.

Do not try to work non-stop. Instead, give yourself break periods. Break periods allow you to refocus on what you are trying to accomplish. Also, break periods give you a chance to check on other tasks that you may have been working on or overseeing. During your break, do something that moves your mind away from your task to let your thinking process refresh. Use your break time to listen to a good song, exercise, eat a healthy snack, or talk to a friend to keep yourself feeling good.

4. Get plenty of rest.

Getting plenty of rest is very important when it comes to keeping your concentration. Doctors and psychologists will tell us that if we are deprived of sleep, it will affect us inwardly and outwardly. It will be hard for us to concentrate as our body will not want to stay awake and our memory may be shorter.

5. Have a schedule.

As said earlier, we should not try to work non-stop to finish a task. Instead, we should work on a daily schedule. We should have a starting time and a stopping time. This way we know when our day's work should begin and end. Also, having a schedule will allow us to set up time for fun activities which keep our minds renewed enabling us to continually concentrate.

As you can see, there are some great ways that can help you to concentrate better and enjoy your life more while doing so. Therefore, apply these five techniques and become more sufficient at what you do as your focus improves.

About The Author

Ryan Neely is the author of various eBooks, music, articles, the Dream Soul Mate App, and founder of Ryan Neely Publishing. He is a Platinum Level Author on EzineArticles.com where he specializes in self improvement.

As an inspirational rapper, Neely has released three albums. His title track "Look Into My Heart" from his "Look Into My Heart" album received an honorable mention in the 2005 Billboard Songwriting Contest.

Neely is a graduate of the University of Louisville with a Bachelor of Science degree in Sport Administration. He is married to his beautiful wife Julie and has two awesome sons named Brayden and Taquan! His hobbies include bowling, watching reality television, and listening to dance music.

Check out Ryan Neely's personal website for more advice, freebies, and resources at www.RyanNeely.net.